



NOTES

PERSONALITY DISORDERS: CLUSTER C

GENERALLY, WHAT ARE THEY?

PATHOLOGY & CAUSES

- Avoidant, obsessive-compulsive and dependent personality disorder
- Deviations from cultural expectations → worsens day-to-day life and relationships

CAUSES

- May be genetic, environmental
- Linked to anxiety disorders

SIGNS & SYMPTOMS

- Unusual behavior
- Poor relationships

DIAGNOSIS

- Unusual behaviors/traits
- Not explained by other condition/substance

TREATMENT

MEDICATIONS

- Antidepressants

PSYCHOTHERAPY

- E.g. behavioral therapy, group therapy, assertiveness training

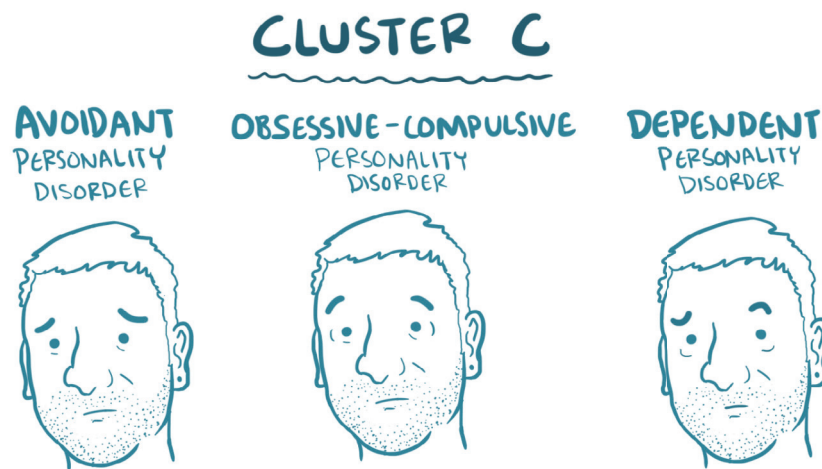


Figure 100.1 Illustration depicting the three cluster C personality disorders: avoidant personality disorder, obsessive-compulsive personality disorder, and dependent personality disorder.

VISIT...

LANZAROTE
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AVOIDANT PERSONALITY DISORDER

osms.it/avoidant-personality-disorder

PATHOLOGY & CAUSES

- Shyness, social inhibition, low self-esteem
- Wants close relationships, but doesn't take social risks
- Hypersensitive to rejection, criticism
- Overlap with dependent personality disorder, others from clusters A, B

SIGNS & SYMPTOMS

- Hypersensitivity to rejection, criticism
- Resulting **timidness**
- Desire for relationships

DIAGNOSIS

- $\geq$ four of following
 - Avoids social situations
 - Unwillingness to interact
 - Limits intimate relationships
 - Preoccupation with rejection, criticism
 - Low self-esteem
 - Fears embarrassment associated with social risk-taking
- Not explained by other condition/substance

TREATMENT

MEDICATIONS

- Beta blockers, selective serotonin reuptake inhibitors (SSRIs)

PSYCHOTHERAPY

- E.g. group therapy, assertiveness training

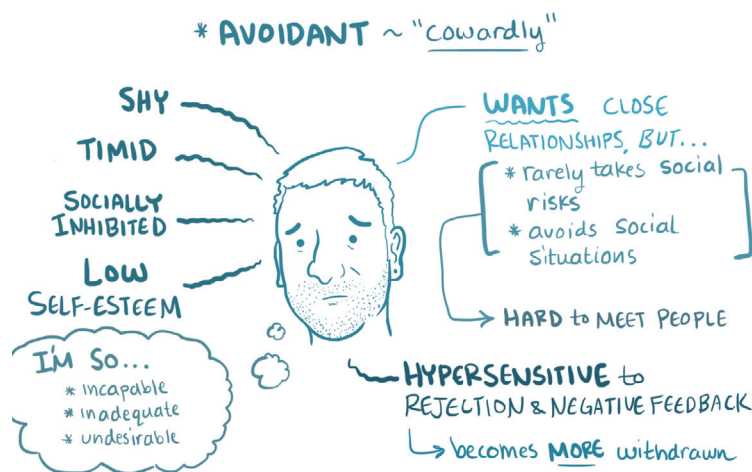


Figure 100.2 Illustration depicting thoughts/symptoms typical of avoidant personality disorder.

OBSESSIVE-COMPULSIVE PERSONALITY DISORDER

osms.it/obsessive-compulsive

PATHOLOGY & CAUSES

- Obsessed with orderliness, perfection, need to be in control
- Inflexible, easily stressed, inefficient (because of excessive planning)
- Rigid beliefs → “stubborn” label
- OCD ego-dystonic; OCPD ego-syntonic

SIGNS & SYMPTOMS

- Preoccupation with rules, details, perfection
- Rigid, inflexible behavior
- Lacking sense of humor
- Indecisive (for fear of making wrong decision)

DIAGNOSIS

- $\geq$ four of following
 - Preoccupation with details
 - Disruptive perfectionism
 - Work eclipses personal life
 - Rigid, loud beliefs (religious, ethical)
 - Tendency to hoard possessions
 - Refuses to delegate
 - Excessively frugal
 - Stubbornness
- Not explained by other condition/substance

TREATMENT

MEDICATIONS

- SSRIs, benzodiazepines

PSYCHOTHERAPY

- Cognitive behavioral therapy, group therapy



Figure 100.3 Illustration depicting differences between obsessive compulsive disorder and obsessive compulsive personality disorder.

DEPENDENT PERSONALITY DISORDER

osms.it/dependent-personality-disorder

PATHOLOGY & CAUSES

- Excessive fear of separation/rejection
- Overly **dependent** on others
- **Lack self-confidence**
- Overly indecisive
- Possessive of individuals they depend on
- Overlap with avoidant personality disorder, others from clusters A, B

SIGNS & SYMPTOMS

- Dependent, **submissive**
- Overly indecisive
- Clings onto others

DIAGNOSIS

- $\geq$ **five** of following
 - Can't make everyday decisions
 - Overly dependent on others
 - Scared to disagree with others
 - Lack of self-motivation
 - Craves approval
 - Uncomfortable/afraid of being alone
 - Quick to replace lost relationships
- Not explained by other condition/substance

TREATMENT

MEDICATIONS

- SSRIs, benzodiazepines

PSYCHOTHERAPY

- E.g. insight oriented, behavioral, family, group, assertiveness training

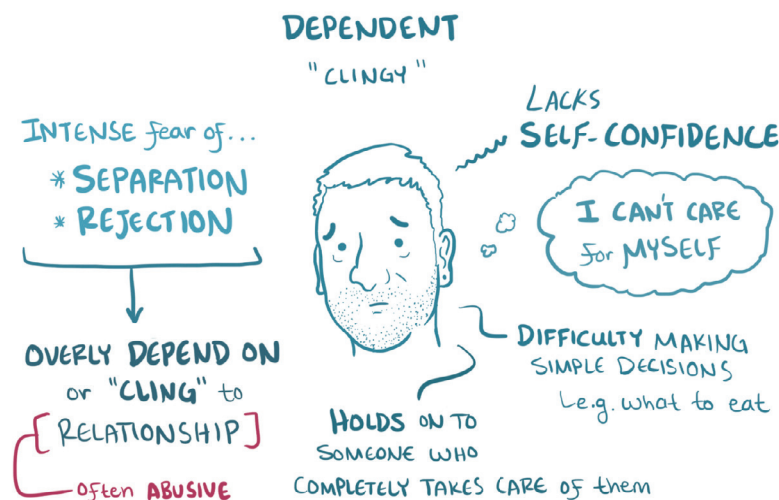


Figure 100.4 Illustration depicting thoughts/symptoms typical of dependent personality disorder.